



# Freebirth & Postpartum Checklist

## Labor

- Birth pool or bathtub
- Exercise ball
- Snacks
- Electrolyte drink
- 4-6 Towels
- 15-25 Chux pads
- Fetoscope/Doppler
- Aquarium fish net
- Battery operated tea-light candles
- Music speaker
- Emergency guide

## Birth & Immediate Postpartum

### For Baby:

- Receiving blankets
- Nose Frida, bulb syringe or your mouth
- 2-3 Cord clamps, floss/string, or 100% beeswax candles to burn the cord
- Sharp sterile scissors
- Eldon card & syringe needle
- Scale
- Measuring tape

## Birth & Immediate Postpartum

### For Mama:

- Placenta bowl
- 2 Gallon bags for placenta
- Gauze
- Large trash bag
- Hydrogen Peroxide
- Angelica tincture
- Witch Hazel tincture
- Wombstringe tincture
- Yunnan Baiyou
- Red Raspberry Leaf tea
- Peppermint essential oil
- Manuka honey, comfrey & goldenseal salve, and seaweed
- After Ease tincture
- Ease the Ache tincture
- Arnica homeopathy



*Continued* →



# Postpartum

## For Baby:

- Newborn diapers
- Coconut or olive oil
- Baby wipes
- Sound machine
- Nail scissors or file kit
- Organic clothes
- Car seat
- Infant tummy relief
- Magnesium lotion

# Postpartum

## For Mama:

- After Ease tincture
- Ease the Ache
- Arnica homeopathy
- Magnesium lotion
- Nipple balm
- Marshmallow Root extract
- Sunflower lecithin
- Peri bottle
- Lots of warm bedside snacks
- Disposable underwear
- Pads & liners
- Haakaa
- Nursing bras
- Reusable nipple pads
- Breastfeeding pillow
- Heating pad
- Night lamp
- Unscented body care products
- Wraps & carrier

## Notes:

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*\*Please refer to the corresponding blog post for details and herb purpose.*